



Heart Journey

a spiritual journey into the heart of abundance
and manifestation process
through desire, surrender, and greater love
for oneself, for one another,
and for God

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Twin Stars, Unlimited
Clinton, Connecticut

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ISBN 1-930310-13-7

Printed in the United States of America

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Heart Journey: Introduction

Heart Journey is first and foremost a love affair, a love affair with the Divine, Spirit, or God if you will, the greatest lover of all, no matter what name you use or what religion you practice. But Heart Journey is not about religion and it is not about God's name. It is about experiencing God in a new way, experiencing God as an abundant, generous lover and co-creative partner.

God is many things to many people, a protector, a guide, a healer, comforter, father, mother, savior, redeemer. To others, God is a not so kind, a judge who extracts payment for sins and transgressions. But to mystics, God is, has been, and always will be the Beloved. The ancients, saints, vowed and professed, or simply the highly spiritual have seen this side of God. No one can read the poems of Rumi or the works of Julian of Norwich and not hear the romancing of God "the Lover."

Everyday Experiencing of God

Heart Journey is about that side of God, God the Beloved, and the everyday experiencing of God by the ordinary person living an ordinary life. One does not need to enter a monastery or shun all worldly possessions to enter into a love affair with God. It is time for the lay person, the householder, the parent, the common person to have a direct and mystical relationship with God. Divine intimacy is what Heart Journey is about. Opening to feeling God's love and guidance while carrying out daily activities is the accessibility Heart Journey seeks to bring about. God can be experienced at any moment as tangible, real, enticing, and beneficent.

Most of those who come to Heart Journey don't come seeking a love affair with God. They do not even perceive the possibility initially and generally not for a while. It is a part of the journey that sneaks up on you and surprises you with its warmth and

caring. God is not distant or uninvolved. God is responsive, attentive, and generous. God is listening, hears your prayers, understands what you need, and responds. This will take you by surprise one day, that anyone, human or in spirit would care that you have what you need for the next step on your journey, or that you don't have what you need when you are set to head off in the wrong direction. Everything unfolds as it should, in the correct manner, and with the right person or people at an appropriate time for your highest good and the highest good of all involved. You will be astounded when you experience the smallest detail falling into place by chance. Though you may pass it off as a coincidence, when it continues to happen regularly you will know that it is nothing less than the caring touch of a guiding force.

Co-creative Partnership

Heart Journey is a hands-on Divine experience that helps you foster direct communication with God through a co-creative partnership. You grow into it and with it by opening your heart. The love affair grows with your ability to love and be loved. With time, the connection and interaction intensifies as your awareness of subtleties and acceptance of mystery matures. Mysticism, by definition, is about mystery and what can be experienced, but not explained. Mystical experiences are beyond words and can only be partially conveyed through poetry, music, or art. Additionally, mystical experiences are not causal. There is no one-on-one direct relationship between cause and effect in mysticism. Occurrences are coincidental. You set the stage and when the conditions are right mystical experiences may or may not arise, but your ability to perceive them increases as your level of awareness deepens. Heart Journey is a format for setting the stage and deepening your level of awareness. It is a process for the development of a sacred, mystical relationship with God more than any co-creative goal or material desire you might conceive. This is not obvious to the beginner setting out on the Heart Journey path, but it is the truest, most powerful, and enduring aspect.

Manifesting Abundance

What many come for and are drawn to in Heart Journey is the desire for abundance and the ability to manifest one's heart's desire, whatever that might be, through attraction and the co-creative process. In addition to being a love affair with God, Heart Journey is about opening to receiving, receiving what you ask for, and receiving beyond your wildest dreams. It truly is. The truth is a good lover receives as well as gives. A good lover is loved as well as loving. There is no greater lover than God. When your heart is open, all things flow, and you receive as easily as you give, give as readily as you receive, and eventually there is no distinction. All movements are one breath within the co-creative process of manifestation. Abundance is born in the heart and increases through sharing. When you share your abundance and the ability to manifest, Divinity has a human face and good fortune magnifies, touching all involved. Love grows.

The Heart Journey Contract

How does this all come about? Where do you begin? The process is actually quite simple at the start and as ancient as the Bible. It is written in the scriptures,

Ask and it shall be given you; seek and ye shall find; knock and it shall be opened unto you. (Matthew 7:7, King James Version of The Holy Bible)

All you need to do to begin your Heart Journey and initiate a co-creative partnership with God is to formally "ask." It's that simple.

Asking takes the form of a Heart Journey contract in Chapter Six: Composing Your Contract. You enter into a co-creative partnership with God by writing or composing a request, (some would call it a wish list), that expresses in words or symbols what you want to manifest in your life. Your request or Heart Journey contract is a reflection of your heart's desire. Stated or implied in your contract is an invitation to God to walk with you hand-in-hand as your partner in this manifestation process. By means of this simple act you initiate and access a broad interaction with this side of God as lover and co-creative partner. Together you birth a new reality, one filled with limitless potential and miracles. It is love which drives this relationship and opens you to receiving; it is love which enhances this birthing and manifestation process; and it is love that awakens you to the possibility that something better can and does exist, something beyond your own ability to create by yourself or even dream of. Through the simple act of asking, you begin to awaken to the experience of being guided, protected, gifted, and cherished, hence the beginning of your love affair with God.

Heart Journey as the Beginning of a Sacred Partnership

What you need to realize at the outset and before you begin to write your heart's desire contract is that Heart Journey is a rich and enlightening co-creative dance between two partners. You are not just on the receiving end. God is not simply a supplier. God is your partner in this venture and the co-creative partnership is like a marriage. As in any marriage or collaborative effort, pulling together is a learning process. There will be times when you will need to take the lead. At other times, yielding will be crucial. You must stay conscious of the flow of power and bring all your skills, knowledge, and love to bear on the development of a sacred relationship. At the same time, learning to trust will be essential to your progress.

On the wedding day and for the duration of the honeymoon period, each marriage is consumed with expectations and fantasies about how perfect everything will be. Even in the best of marriages, the reality is never a mirror of the fantasy. There will always be things to work out. It is the same with Heart Journey. Your intention, your desire, your wish list is like the initial expectations and fantasies fostered on any wedding day. Once the honeymoon is over, you must do the work of building a strong and lasting

God to deepen. It also promotes spiritual learning. Direct experience is the essence of mysticism and central to the insights and enlightenment fostered in all spiritual pilgrims throughout time.

The Importance of Surrender

Heart Journey is not just about desire and manifestation. Desire is always balanced by surrender as discussed in Chapter 2: Surrendering the Results. “Not my will, but Thy Will,” is innate to Heart Journey and essential to the manifestation process. The two, desire and surrender, go hand-in-hand. The pendulum constantly swings back and forth between these two points. Mastering surrender might seem like a daunting task, but it is presented differently in Heart Journey. God has a better idea! Surrender opens you to “Divine upgrades.” You only need to be upgraded once to see the wisdom of handing over the helm to God and letting your ego take a back seat.

Surrendering the ego occurs gradually as you learn to accept and yield. This happens even though it is the ego which gets you into Heart Journey in the first place. You want. You need. You desire. So you write a wish list and ask for help. You invite God in and the journey begins. What starts out looking like a ticket to the better life you envisioned, can end up being a ticket to a better life you could not have imagined in your wildest dreams. The intention is the hook for many, the opening. It gets you in at ground level. But some time, some day, in some way, when you let go, love well, and least expect it, God surprises you with a tangible sweetness that clearly lets you know that you are cared for and even treasured. A miracle occurs. You get much more than you asked for. Once that happens, you get very clear, really fast about who you want running the show. From that time on, the ego does not stand a chance. You are willing to let go and let God. Guidelines for surrender and examples will be given to make the process of surrender easier, more understandable, and even advantageous.

The Twelve Co-creative Thought Transformations

There are twelve co-creative thought transformations associated with Heart Journey that you must cultivate and adopt. These are presented in Part Three: Spiritual Development and Heart Openings. They will assist you in the process of manifestation of abundance, spiritual development, heart openness, and communication with God. Each one is an insightful “Ah-hah!” or enlightened transformation of a lower, more commonly held, negative and counterproductive thought pattern. The corresponding twelve lower and limiting thought patterns need to be released. They will derail your Heart Journey, impede the process of manifestation, and sabotage the co-creative partnership. As you progress, you will come to see that you do not need or want these lower thoughts, and each one can be replaced by a better idea!

For example, the first lower thought pattern to be released is the “Do-it-Yourself Fantasy.” You must abandon your checklist of “things I must do to make this happen.”

partnership. You will need to put in the effort and take action when the ball is in your court, or master patience and the art of surrender when the next move is up to God.

All great marriages and partnerships are works of art in progress. When a marriage is good and truly loving, it becomes much better than either spouse could have imagined. The two individuals grow in their ability to love, accept, honor, share power, and combine forces. When it all comes together, the union becomes sacred and fosters contagious abundance, joy, and love. The same is true of your co-creative partnership with God when you learn the same lessons, only the rewards are greater.

Once you have composed and activated your intention, it is your responsibility to grow in your ability to love, accept, honor, and share power with your co-creative partner. God already loves you, accepts you, honors you, and shares power. You do have free will. God has been putting forth the effort for a long time. It will be your job to learn to open widely, receive fully, trust deeply, listen with great clarity, and then heed.

Heart Journey as a Spiritual Path

Heart Journey is a spiritual teaching in how to ask for your heart's desire. The material in this book will guide you step-by-step in the formulation of your contract and its subsequent activation. There are guidelines and examples of actual requests others have made. Once you have formulated your contract you will want to ritualize its initiation. Since you are confirming your spiritual connection to God, this should be a time of celebration and sacredness. You can have your own private ceremony or join with others. Tips for creating your own ritual are given.

But the most important part of Heart Journey is yet to come, i.e., the development of your co-creative partnership with God while you learn and practice the art of manifesting your heart's desire. What is needed for manifestation to occur is clearly defined in the text. Four necessary elements are required. These are discussed in Chapter 11: The Process of Manifestation. The practice will be demonstrated and clarified through true life stories.

Developing Two-Way Communication

Central to Heart Journey and spiritual growth is the co-creative partnership. For this to evolve, communication is essential. Most of us know how to pray and talk to God, formally or informally. But for manifestation to occur and the co-creative partnership to develop, communication needs to be a two-way street. One must learn to listen and hear God's whispers.

Chapter 8: Communicating with God will focus on this direct exchange with God, how to become aware of communication as it occurs, and the forms it might take. Conversation can be subtle, but its hallmark is the emphasis on wisdom, guidance, and lovingness. In Chapter 9: The Nature of Communications, discussion will focus on what exchanges with God are like and what they are never about. Clear distinctions are made. Fostering good two-way communication enables the co-creative partnership with

Though you will be doing your part and share of the work in Heart Journey, you will not be working alone. God is your co-creative partner and results do not depend solely on your efforts. Letting go of a “go-get’em” approach to manifestation will naturally lead you to the enlightened co-creative thought pattern of “Learning to Attract, Opening to Receive.” Heart openness increases abundance. The power to attract is a product of an open heart. It is central to the process of manifestation and is a little-used inner muscle you will be strengthening. The guidelines in Heart Journey will help you to do this.

Another lower, limiting thought pattern you will be releasing and replacing is the “Mental Ghetto.” How can you hear your co-creative partner when your mind is cluttered with gossip and negativity? Each of the higher thoughts is a key step along the Heart Journey path that you will be glad to take.

Eight Stages of Heart Openness

And finally, Heart Journey discusses and defines the process of opening your heart while you develop spiritually. There are eight stages of heart openness, the highest being the “Acceptance and Generation.” Progress through the stages is not necessarily linear. You might experience several of the levels in one day, moving forward and then falling back, but with time, you will remain at higher levels of heart openness for longer periods of time. It is then that your ability to manifest improves to the point of benefiting others.

The Results

I have been asked if Heart Journey comes with a guarantee, like you write an intention and as soon as you sign it, God is duty bound to fulfill your request. Heart Journey doesn’t work that way, and in my experience, God doesn’t either. For that I am grateful. God is a much better creator than any of us will ever be. As creators, we have small and limited abilities next to what God can do. We need only gaze at a sunset or witness a child being born to know that. There are breezes, colors, mountains, flowers, and the delicate balance of nature. None of us has that kind of know-how or power. We might be creative with words, a paintbrush, or a tune, but we’re not and never will be that creative or imaginative. We could not have created one percent of what exists. This gives one pause. The smart person on a Heart Journey yields the lead consistently to a far greater and better Creator.

Have I seen individuals get what they asked for item by item? Yes, I have. I have seen some people manifest a list in four days. Have I seen people who did not get what they asked for at all? Yes, I have. I personally have been disappointed, but in most instances grew to understand the wisdom of the results and/or was glad for the way things turned out. We all know people who have prayed with all their hearts only to be denied. It does happen that some come up with nothing even after the simplest request. Results can be incredible. Sometimes a request lays fallow because it was not in the best interest or highest good of all involved. Sometimes the process takes much longer than expected,

even years. There will be a troubleshooting chapter for those who are becalmed, but there are no guarantees.

In certain instances individuals have gotten much more than they asked for, different from what they expected, but also much better. The most loving people, those who wrote their intentions and gently placed them in God's care, those who trusted totally, waited patiently, acted responsibly, did their part, and loved well, did the best. In some cases, they did not get what they asked for; they got something instead or better, a richer, more loving experience than they could have imagined. Heart Journey opens you to receiving and being loved at higher and stronger levels, sometimes beyond your ability to conceive.

Growing into Surrender

It is possible and it has happened that the love grew to be so strong and the receiving so overwhelmingly abundant that individuals left all intentions behind and simply said "Yes" to whatever God had in mind or heart. There was no risk in doing so because this Being, this Force, this loving, creative Potential we call God loved them better than they could love themselves. God had a better idea, a better plan. Love opened them to seeing this movement, prepared them for receiving the gifts, and enabled them to cast their egotistical perspective aside, and seize the sacred opportunity to surrender and simply accept whatever was offered. Desire fell away completely into surrender. All spiritual journeys eventually lead to this point of total surrender. Heart Journey is no different.

Shared Abundance

The love God bestows on you cannot be contained. Heart Journey is not just about the abundance and love you receive, it is also about the abundance and love that can pour through you, overflowing and filling the lives of those around you. You cannot receive this much and not pass it on. Abundance becomes a river. There is no way you can own it. There is no way it can be limited. It pours in and out of your heart as lovingness and kindness. In fact, the more you pass on, the more you will receive. And the more you say yes to receiving, the more abundance and love will flow, filling you and spilling over to those you care about and even some that you don't. The entire system moves on the wings of love. This has nothing to do with religion and nothing to do with evangelizing. There is nothing for you to teach or even share. It is all a wordless transfer, a peaceful, open, and loving presence that is soothing to all you contact. Your calmness and state of mind, your trust in the future, and lack of fear, your grace and kindness enhance exchanges with others who see you as nonthreatening and beneficent. You become a better person as the grace of God works through you allowing Divinity to touch those around you.

This process of receiving and sharing abundance becomes as natural and easy as breathing in and out. Through your dedication to the co-creative process and the task of loving well, higher love enters the world. Everything around you can begin to soften, receive, and benefit. The bottom line in a global sense is that love grows, peace arises, and

God's grace becomes stronger on the planet. The world becomes a better place. Divinity infuses humanity. And it can all start with you and your wish list!

Love is Essential

However you look at it, love is essential to the process, and not just love for God, but also love for your fellow wo/man and love for yourself. Love creates conductivity, enabling the movement of abundance in and out of your heart and through every fiber of your being and life. Love for others allows abundance to reach others enhancing the flow. The more that is shared, the more that is created. Your loving abilities can impact family and friends in a positive way. Only an open heart can take this much in and give this much out, hence the name Heart Journey.

Not everyone will have such a powerful experience, but it is attainable by ordinary people who strive to love well and beyond their originally perceived capacity. There are many options and stages to the Heart Journey. There are many ways for the journey to progress once it is started, but all roads lead to God on the wings of love, whether you get what you ask for or not. Surrender and acceptance are as valid and fruitful a path as desire and abundance.

Personal Experience

At one point in my life, I worked with a desire coach and a spiritual director. It was very difficult for me to desire anything at that time, I was so conflicted. I could not think in terms of requesting anything from anyone, even God. It was not a healthy or spiritual place to be since I was not balanced. I had no options, no way to gauge my co-creative interaction with God.

One day my desire coach said to me, "You can desire a diamond tiara and have it be a spiritual experience." I had a hard time accepting this. I immediately backed away from her as if what she had said was the most nonspiritual and unenlightened thought I had ever heard. I curled into a fetal position. But, she was right. Spirit-based desire, tempered with the right amount of surrender, and in keeping with a co-creative partnership with God is always a spiritual experience, no matter what you desire, and regardless of whether or not you receive it. It is not the material object, situation, or external quest that makes Heart Journey a love affair with God. It is the process and development of the co-creative partnership through an open and loving heart that is essential.

Heart Journey is truly a journey of the heart, a journey into the heart, and the heart of the most important journey anyone can take, the journey to God.